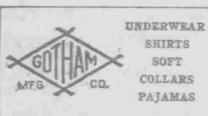


WEAR, buy GOTHAM. the Underwear of Quality and Comfort, at 50c. to \$3.50 the garment. Gratis for a requestour personal copy of the Gotham Book de Luxe.

GOTHAM MFG. CO., Also Makers of Gotham Shirts. Fifth Ave. Bldg., New York.



SHIRTS COLLARS PAJAMAS

61 PASO TEXAS S.T.

HOW TO DO IT-A STREET LESSON. One day, on I was passing down Waybosset street, Providence, R. L. writes E. L. Hyde in Our Dumb Anlmals, my attention was drawn to a horse which evidently thought it was time to take a rest. The street was very slappery with a thick coating of wazilke mud, and the footing was very uncertain. The horse was a fleabitten gray; the load was of bales of hay or colton. One of the wheels had slipped into a depression in the cobblestone readbed and old gray had decided to wait a bit.

I saw there was trouble ahead and, slipping back to an apple vender. I Now, I've said all the disagreeable

(Other Poses in Silhouette by Isahelle-Jason, of "The Winfer Garden.").

Shout from sheer loy of water and sunlight and the sport where they break, If you are form your can. At some beaches nature seems absolutely descorated by the yelling mob around.

While I'm scolding I might as well add that a bathing beach should be treated with as much respect as a park, and newspapers, tin cans, and debrit from picnics ought to be burned up or gathered together neatly for removal by the caretakers, or thrown out to sen.

Now, I've said all the disagreeable writes E. L. Hyde in Our Dumb Ani-

supping back to an apple vender. I Now, I've said all the disagreeable bought two of these persuaders which things and with an easy mind I reare of much more worth than a black turn to the bathers, anake whip or a hooppele strip, which At your American beaches, especially the driver was applicable.

nake whip or a hooppels strip, which he driver was preparing to use on the horse. I stepped up and said, "Don't strike him." Then I looked at the horse, whose ears had that unmistakable beckward warning slant—the horse's storm signal. I fondled his ness, which is to a horse like a hand slake to a man, held an apple up to him and he quickly took it and began

eating.

I talked to him and soon saw that his line of thinking had changed. I gave him the second apple, which he certainly enjoyed. Soon, all storm sigcertainly enjoyed. Soon, all storm sig-nals were run down. I said to the driver, "Stand back!" and touching the hit spoke to my new friend, "Come!" and come it was, and that with good will and a strong pull, and away went the horse and load at such a pace that the driver had to run to keep up, and the sidewalk growd there assembled had a practical lesson in how to do it

# MRS. STEVENS

After Years of Suffering. Tells How Her Health Was Regained.

Waurika, Okla .- "I had female trou-



and so nervous I could not do anything. The doctors treated me for different things but did me no good. I got so bad that I could not sleep day or night. While in this condition I read of Lydia E. Pinkham's Vegetable Com-

pound, and began its use and wrote to you for special advice. In a short time I had regained my health and am now strong and well." Mrs. Sallie Stevens, R.F.D., No. 2. Comanche, Okla.

Another Woman Recovers. Newton, N.H. - "For five years I suffered from female weakness and dragging down pains. Lydia E. Pinkham's Vegetable Compound has restored my health and the pains are gone." - Mrs. F. A. PEASLEE, R. F. D., Box 88.

Because your case is a difficult one. doctors having done you no good, do not continue to suffer without giving Lycia E. Pinkham's Vegetable Compound a trial. It surely has remedied many cases of female ills, such as inflammation, ulceration, displacements, tumors, irregularities, periodic pains, backache, and it may be exactly what you need.

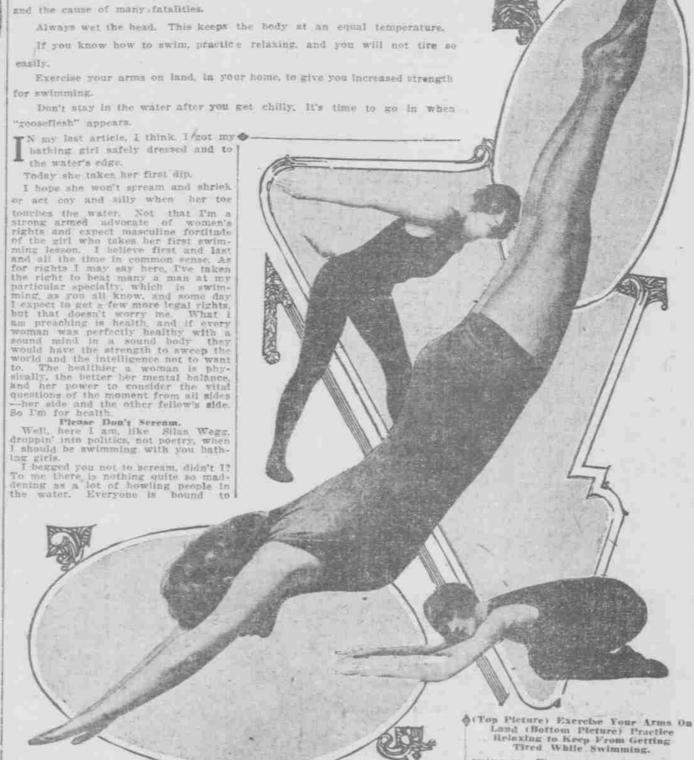
If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence. wards.

## The Right Road to Health -:- By Annette Kellermann

The First Dip of the Season, and Some "Don'ts" For the Bathing Girl

Dont's For The Bathing Girl.

Don't bob up and down while clinging to a rope. This is weakening



MISS ANNETTE KELLER MANN IN HIGH DIVE. (Other Poses in Silhouette by Isabelle-Jason, of "The Winter Garden.") ..

turn to the bathers.
At your American beaches, especially on the Atlantic where the waves are high, the rope clinger is especially

I don't believe in bobbing up and down while hanging to a rope, be-

Begin with small waves to accustom yourself to putting your head under water. Some women, otherwise excel-lent swimmers, never get used to this and will never of their own accord get and will never of their own accord get their heads wet. It is much better for the general health to wet the head by dipping it under water, as this keeps the body at an equal temperature. Of course, when the sun is hot you will burn and tan unless you protect yourself with a thick coating of face cream. Personally, I like to see a face tanned by the sun, with the glow of health in eyes and cheeks, but then I don't freckle; otherwise I should feel differently. down while hanging to a rope, because it is often dangerous, the women especially standing just in the trough of the sea where the waves are strongest and where the undertow is most severe.

Added to this a kind of hysteria combined with laughter and fright which weakens the holder's grip on the rope and you have the material for many bathing accidents.

Learn to swim, that is my advice. Then if you want the fun of boobling with the waves, hang on to the rope a the only way you will ever be a good at word, and because you will ever be a good to the word, and because you will ever be a good to the word, and because you will ever be a good to the word, and word to the rope a the only way you will ever be a good to the word to the rope a the only way you will ever be a good to the rope, this word be necessary.

1 X : Says Suffragets Thankful Dorothy Roosevelt's a Man.

Conduct of Taft and Roosevelt Both In Present Campaign Leads Woman Writer to Moralizing.

HERE is one thing for which all , the "after you, my dear Aiphonse, suffragists should return thanks to heaven, on their knees, and that is that neither president Taft nor expresident Roosevelt is a woman, Suppose two women who were candidates for the highest elective office

in the gift of their sex-the presidency of the Federation of Women's Clubs, or the National Suffrage association, say-who had once been bosom friends, were going about the country raking were going about the country raking up each other's past and villifying and abusing each other like fishwives.

Suppose that the kindest epithet that they huried at each other was Husay! Cat! Llar! Ingrate! Fat Slob! and other compliments of the same kidney, wouldn't there be heard from one end of the country to the other that such conduct showed that women were unfit for self government or to participate in government?

Wouldn't men declare that it proved how emotional illogical and prejudiced women were, and how unable they were to bring the same calm, dispassionate consideration to bear on public questions that men did?

Yen, verily.

were to bring the same calm, dispassionate consideration to hear on public questions that men did?

Yea, verily.

If two women who wanted the same honor and office should act as our two most exalted statemen are now doing it would put the cause of suffrage for woman back 50 years. "Look at the hysteria of the performance" men would cry, "Consider the disloyalty and treachery of them! Look at the wire pulling! Observe how brittle Iriendabips are when they stand in the way of selfish ambition! Certainly, those who have no more self control than is exhibited in this disgusting struggle for place and power have no right to the exercise of the franchise, and it will be a cold fourth of July when we put the ballot in their hands."

Lucky For Suffrage Cause.

So hard on an erring woman as another woman.

In the first place, there isn't a word of truth in this assertion. Women are women's best friends, and there is no hand that is so steadily held out in helpfulness to the unfortunate of her sex as the woman's hand.

But that's not the point I want to make here. What I want to call attention to is that a man is accorded an expect right to judge another man freely, and say so, If a man finds another man to be a liar and a third and a hypocrite, nobody accuses him of being actuated by jealousy and envy if he he blackballs the unworthy one at a club and refuses to associate with him. If a man committa a terrible crime nobody expects other men to be filled with maudlin sentiment about him.

No maitter what another woman is.

the exercise of the franchise, and it will be a cold fourth of July when we put the ballot in their hands."

Lucky For Suffrage Cause.
Yes, indeed, it certainly is lucky for suffragists that Mr. Taft and Mr. Roosevelt wear trousers instead of patticoats, because if two women had engaged in such a mudslinging contest as they have, and had backbitten each other as they have, we should have proved to exerybody a satisfaction that we are too emotional to be trusted to handle a loaded weapon like the vote. Of course there's no argument in the kettle reminding the pot that it is also black, but it is interesting and cynically amusing to note how different is the code of morals and manners, even in politice, by which men and women are judged. Nobody, for instance, is foolish enough to think that the unstend of our sisters. Otherwise we are judged. Nobody, for instance, is foolish enough to think that the unstend of our sisters. Otherwise we ruffitted for gelf government, or should be disfranchised, but if two women were to contend that way for an office it would be considered, and used, as a potent argument against giving women the right to yote.

When a man wants an office, he goes after it tooth and nail, with a scalping knife in one hand and amoney bag in the other, but when a woman wants an office is is lamper on the right to yote.

When a man wants an office, he goes after it tooth and nail, with a scalping knife in one hand and amoney bag in the other, but when a woman wants an office is lamburged in the other, but when a woman wants an office is lamburged in the other, but when a woman wants an office is lamburged in the other is perfectly sweet and a during, and would make just a lovely president if she were elected.

Wemen Must Keep Still.

Apparently when men do certain things politically they are right. When wemen do them they are wrong. Men who believed that they had a right to a voice in making the laws that rule them have fought bloody buttles to establish their rights, and the world has applauded them for it. But a shrick, that is echoed around the world, has gone up because some women, who thought that they had a right to a voice in making the laws that govern them, smashed a few windows. Heaven only knows what would happen if a woman should shed a drop of blood in her struggle for liberty.

Another curious and humorous illustration of the things that a man may do, and a woman may not do, is shown in the right that men have to judge a matter on its merits, while a woman is compelied to always ing in the eternal sex equation. For example, you often hear it said that woman's cruelty to woman makes countless thousands mourn, and that nobody is so hard on an erring weman as another woman. In the first place, there isn't a word Women Must Keep Still.

### Go to Kelly & Pollard's Today and Witness Exhibit

Every Man and Woman in El Paso is Urged —Assurance Given They Will Gain Valuable Information.

Make it a point to visit Kelly & Polliard's drug store, 201 Oregon, today and winexs the demonstration of "Plant Juice," conducted by able demonstrators. There are but few people to whom this interesting exhibition will not appeal, for the reason that there are practically none who will not gain information that will at some time or other be of benefit to them.

We want every man and woman in El Paso to know of "Plant Juice." It has come among them to stay. In all cities where introduced it has leaped meteoric-like into public faver and the same will be true of El Paso. It stands for the most modern and the best there is in health giving tonic. It is partifectarly adapted to the His so common of modern city life, which may be aummed up as debility—stomach, blood, nerve and klöney troubles. "Plant Juice" instills new life into vital orgars of the body. It vitalizes and rejuvenates the entire system. With the first dose the good effects may be noted. To those who suffer with stomach troubles—formation of gas, acidity, wakefulness, foul breath, nervousness, lack of appetite; with bad blood as abown by sallow skin, blotches, pimplex, bolls; or with kldney troubles—those insidious lils which are first detected by dull pains in the loins and hips, languor, discolored urine of tariable quantity, will find in "Plant Juice" an immediate relief and the means of a speedy and effectual curs. "Plant Juice" has the life giving properties of the herbs of forest, field and plain—the vitalizing juices that the soil gives forth.

If you are a sufferer of any of the lils enumerated risit Keliy & Poliard's and learn more of the wonderful new tonic that is today making countless thousands healthy and happy.

FURNITURE - CROCKERY AUTO 1509 ..... " .... MELL 2404

weakness. I want to hold, hold her tight; I want to crush her to my heart; I want to kiss her hair, her cheeks, her lips, I want-Oh, Diary-I do not know, in my longing for that girl, where sanity ends and insanity her institute of the control of

My friends, who deserted me when I was with Josephine so much, are comthree here every evening or so, and we draim dreams out loud, and wisely discuss the news and settle all the political and financial problems of the

political and financial problems of the day over our cigars, just as before, somehow it is not the same.

They are the same dear, kind friends, but I have changed. They don't satisfy me as before. I want Josephine.

How nicely they speak of Mary. All knew her, and all liked her, as they would have liked a sister of whom they were specially fond. It would please her if she knew, and sometimes I think she knews.

Sometimes when I cry out to her, as one would cry for a guardian angel who had left him in the most lonesome and dangerous part of his journey. I

feel as if she were very near me.
Sometimes I see her in little Ellmbeth, who is so much like her. The same sweet, serious brown eyes, and, though the child is only swea, she has the same maternal, projecting air about her.

would guide a man, and he would imagine in his masculine conceit that he led the way. I can't really express what I mean, Diary; I only know that we men would be infinitely better if we were as strongly attracted by the Marys of this world as we are by the

Deafness Cannot Be Cured

by local applications, as they cannot reach the discased pertino of the ear. There is easy one way to cure deafness, and that is by occatinational remedies. Deafness is caused by an inflamed condition of the mucous lising of the Ensurchian Tube. When this take is sindamed you have a rumbling sound or imperfect bearing, and when it is entirely closed Deafness is the result, and naises the inflammation can be have out and this tube restored to its normal condition, hourning will be destroyed forever, since cases sait of irea are caused by Catarria, which is nothing but an inflamed condition of the micross surfame. We will give One Hundred Indians for any case of Deafness (caused by catarris) that cannot be cured by Hall's Catarria Cure. Send for circulars, free.

F. J. CHENEY & CO., Tolede, G.

Sold by Druggists, 75c.

### Little Things That Count Little Tasks Well Done Make Greater Tasks Possible.

By BEATRICE FAIRFAX.

I do believe the common man's task s the hardest. The hero has the hero's aspiration that lifts him to his labor All great duties are easier than the little ones, though they cost far more blood and agony.-Phillips Breoks.

HE story is told that at a great I revival a little serving maid arose to her feet, and confessed

She wanted to be a better girl, she said, and at subsequent meetings she testified that she was better; that she

knew it, and felt it.

"How do you know you are better than you were?" asked the great leader of the service, execting a far different answer than the one he got.

The little mald hesitated. Then she

different answer than the one he got The little mald hesitated. Then she looked down at the floor, and in a voice that was scarcely audible, she said, not without some pride: "I sweep under the mats."

The great leader was a student of the human heart. He didn't belittle her proof that her soul had been saved. He récognized in her awakening desire to do well all the little common deeds of life, an ambitlon greater than some far greater personages have ever known. ar greater personages have ever known.
Do you sweep under the mats? The
question is not asked in its literal
sense, for there are many women and
rirls who have tasks to perform which
to not include acquaintance with a

room handle.
But there are mats in every walk
of life, and they must be swept under
f we do our duty to ourselves, and to

nose above us.
The girls who read this all have
one work to perform. I am truly
erry for them if they haven't, for it

sorry for them if they haven't, for it is the greatest incentive recreation knows, and the greatest comfort sorrow can call to its relief.

Every work, no matter if it be trivial or onerous, if it be trifling or important, should be done well. Doing it well means there should be no neglect where neglect might not be approximated.

The task becomes one of dignity if t is well done. If dignifies and hon-ors the laborer. An important task that a slighted does him dishonor. It is a proof that some one put a rust in him which he has never de-irted.

one, to go back to the broom which fixuered in the little maid's tes-imony, ever climbed to greater tasks by doing indifferent and careless sweepof the steps as he climbed, is the little task well done that es greater tasks possible. And it ith the greater tasks there come greater responsibilities and greater re-

Even in the matter of attire, girls should remember what this little maid

It isn't enough to have pretty clothes There must be heatness underneath.

If this little maid had polished the floor carefully, not lifting the mats, but working around them, and a careless step had revealed the dust underneath, the sight would not be more shocking than one seen on the streets every day.

girl appears with her dress, her A gin appears with her dress, her hat, her gloves, her shoes in perfect order and neathers. A wind blows her fress and reveals a frayed skirt unferneath. Or there hangs below that perfectly kept dress skirt a binding of her petticoat.

She was thinking only of outward show when she dressed.

her petticoat.

She was thinking only of outward show when she dressed. She forgot one thing that is more important, and that is neatness all the way through. She didn't "sweep under the mats," to quote the little serving mast.

Better a dress not so expensive, and a little money left to buy neat looking skirts underneath. Better good strong lude hose that will wear than slik hose that may be in good condition in the morning and that may have holes in the heels by night.

Better an inexpensive glove that can be replaced when worn out than a costly glove with boles in the fingers. Better common buttons, and every one on, than expensive ones that can't well be replaced when one drops off.

Better a bat that will stand the storms than a costly one that goes to pieces in the first shower, and that must be worn the rest of the season because it cost so much the wearer can't afford another.

Better always neatness than a siyle too costly to maintain in perfect order.

In dress, as in work, the importance

In dress, as in work, the imperiance of little details, the value of order and eatness, even where order and neatcess may make no showing, must never be overlooked.

Remember the fittle maid who swept under the mais, she was neaf where under the mats; she was neal where neatness was not apparent to the casual glance, and there is no greater proof of faithfulness, order or ability.

HE SHOULD REMEMBER IT.

Scientists have found that a grasshopper can jump 200 times its own length. This fact should be remem-bered by the collecian who thinks he is going to be needed in the world be-ause he has broken the jumping reord.-Chicago Record-Herald.

Eight miles of the 11 mile levee along the Trinity river has been completed at Fort Worth, 10e teams are rushing the remaining work to an early completion.

OUR FLAG.
(By Dr. Geo. F. Campbell)
Hall, starry flag!
Shed glorious rays while pass the days.

swimmer. The water will keep you

allowed to stay in the water after its lips or finger nails begin to show signs of cold by getting bine. If the child has been taught to swim, these signs won't appear for a long time; but I am always sorry to see children half in and half out of the water appearing with cold and getting no exercise at all

Be loyal to this flag; Its folds thy heart entwine, O'er vale and hill and crag Life's various pathway climb,

Vic with the Cross In spreading light; All cise is dross But freedom bright.

Stand for the right Mid storm and strife; If need be, fight For home and life,

Unswerved by fear, Inspired by love, to all men dear, Lead us above.

Milk as a Food. Milk is in itself a perfect food-that is, it contains all the elements necessary to sustain life and to build up and repair the bodily tissues. As it is a food, it should not be considered as a beverage, to be used as such in addition to solid foods. When so used it adds to the tax made upon the digestive organs. Many persons who say they "cannot take milk" because they drink it at meals as if it were water would find that no disagreeable effect would follow when used in place of food and not as a food accompaniment.-Pearson's Weekly.

Providence tempers the wind to the girl with the slik stockings.

A Skin of Beauty is a Joy Forever.

DR. T. Felix Gouraud's Oriental Gream or Magical Boautifier. Removes Tan, Pimples, Feedbles, Moth Patiches, Rash, and Skin Diseases, Rash, and Skin Diseases, Rash, and Skin detection. It has detection. It has detection. It has detection, it is no naminear we have it so naminear we have it to be sure it is no perfect of senting name. Accept no counterfeit of senting name. Dr. L. A. Sayre said to a lady of the harding (a patient): "As 'you' laftles will you' laftles will you' laftle and it is not them. It recommend. 5/ 8 Sayre said to a sayre said to a lady of the hand.

Sayre said to a lady of the hand and decided we could fight a giant as high as the church steeple while eating our rice pudding.

Then I held one on each knes, and told them stories of little Brownies that personal to the stories of little Brownies that purish had boys. I find that, young as they are, they like best the creatures of the imagination where hair is not wanted.

While eating the very little meat and much to the expression of the eyer. Apply pyroxin doily to lashes and much to the expression of the eyer. Apply pyroxin doily to lashes will grow dong and beautiful. By natting pyroxin on eyebrows with forefinger you can make them told them stories of little Brownies that punish had boys. I find that, young as they are, they like best the creatures of the imagination where hair is not wanted.

While eating the very little meat and much to the expression of the eyer. Apply pyroxin doily to lashes and reduced we could fight a giant as high as the church steeple while eating our rice that providing.

Then I held one on each knes, and told them stories of little Brownies that punish had boys. I find that, young as they are, they like best the creatures of the imagination where hair is not wanted.

### In Spite of What He Knows of Josephine He Finds He Cannot Completely Forget Her.

By MAX.

-:- A BACHELOR'S DIARY -:-

pages, and my last record was of poor Mary's death Only a month, and it seems as if all the months of my life before are

swimmer. The water will keep you up; you don't need to worry or to atiffen up trying to stay on top. The more you relax, putting all your strength into your leg and arm movements, the bester you will swim.

If you think your arms are not strong, exercise them on land, patiently and systematically going through the up and down movements with a rod of dumbbells, as I have already described. The same with the lewer limbs, If you feel that your "kick" lucks vigor, strengthen the muscles by exercise on land.

It isn't heroir to stay in the water after you are chilly or "gooseflesh" appears on your arms.

Children, especially, should be carefully watched and no child should be allowed to stay in the water after its lips or finger nails begin to show signs of cold by attrice with the water after its not longer. I have tried to be reconciled to losing Mary, and have tried just as hard to make up my mind to go through life without Josephine, and I seems to me the struggle is just as hard as it was the day it began. I want Mary back, that I may go to her and ask her to marry me, not only that I may make her happy, but that it is all that will save me. I want this struggle to escape from thoughts of exerbinests end, and I know the only way It can ever end is for me to place my heart and soul and future keep-

ing in the love of some good woman.
Once for all, I know to my sorrow that I love Josephine against reason. that I love Josephine against reason, against promise, against peace, against liope, against happiness. Once for all, I love her none the less because I know it, and it has no more influence in restraining me than if I devoutly believed her to be human perfection. I love her because I find her irresistible. I love her as a man loves a strong drink that takes away his senses, makes him a slave, and gives him nothing in return.

Haunt Her House At Night. I love her so madly that I sneak past her house at night, hoping to eatch a glimpse of her at the window. catch a glimpse of her ag the window. I love her so wildly that I have not changed my will, which leaves her all I have, though that will and my death would again make Mary's little brood of nicees and nephews homeless.

I love her more than I can ever say, yet with such a stubbornness that I refuse to answer her letters, and have barred the doors of my home against her. If I could bar the doors of my heart as well.

I went west after Mary's death.

heart as well!

I went west after Mary's death, first making atrangements to help her brother care for his little family. He has taken the oldest boy to a ranch up north with him; I have put the two next in age in college, and have the two little girls here in my home with a nurse in charge.

All this was once while I was gone. I wanted to be spared the detail of arrangement and left it to a good friend to convert the top of my house into a nursery, get a skilled nurse, and

friend to convert the top of my house into a nursery, get a skilled nurse, and bring the babies here.

Elizabeth is seven, Manette five and I found when I returned a week ago from a month in the west that they had taken possession of the hearts of the household. Forbes gives me a divided attention these days, and last evening, when in my foneliness I tried vening, when in my loneliness I tried to pass the time with my Victrola, he came in with the suggestion that the noise might disturb Miss Manette. Well, I am glad of it. I am glad I have the children here. I have is-sued orders that they are to have dinher with me every night, much against the wishes of the nurse, who has iron-cled rules hedging them about, one of which is they must be in bed by

"That's all right," I said to her; "Forbes, tell the housekeeper that hereafter I want dinner served at

"But," she protested, "you will have things to eat not good for them; wouldn't it be better for them to have a very light supper in the nursery?" "We will have a very light supper here," I replied, and now I am going back to a diet good for babies. But it will be just as good for me, for it will prove a diet that sustains love, breeds tenderness, and develops char-iny. I need what these two babies will do for me a great deal more than they need what I can do for them.

We had dinner together tenight for the first time. It certainly would have the first time. It certainly would have surprised the men on Change if they had seen me. I had Manette on my right, and Elizabeth on my left, and we told wonderful tales shout fairles over our broth, discovered the most unkitten like traits in the pet kitten while eating the very little meat and vegetables allowed us, and decided we could fight a giant ay high as the church steeple while eating our rice pudding.

AY 13.—Just a month ago today, ish boys, and we were just sailing Diary, since I wrote on these away on a ship made of rose leaves to a dance in Fairyland when I noticed Manette's eyes were closed in sleep.

I carried them up two flights of stairs, and delivered them over to muse, and submitted to a scolding because we were 15 minutes late. But my heart was lighter when they were with me. It is now that I am alone that I find the struggle with my love for Josephine beginning all over again.

She said in one of the many letters which I did not assert that the trace.

Mary was the sort of a woman who

with me in the loss of a good friend. She overlooked the charge that Mary was mercenary, which she made at one time when I told her I had been to see Mary. Mary mercenary, of all the women in the world; if I hadn't a dollar in the world, and had asked Mary to marry me, she would have consented, and been happy as the wife of a poor man. I wonder if that could ever be said

She wrote that she couldn't return the rings I gave her. "They represent the hope that you will some day forgive me," she wrote, "and take me back."

And that is just what I know I shall some day do. Take her back, and instead of forgiving her I will crawl on my knees and ask her to forgive me. I will ask it against all sense and hope and reason. I will ask it, knowing that my nexes of mind ends the moment I take Josephine in my arms. Between Sanity and Insunity. But I do want her there, Diary, To

# Take Hall's Family Pills for constipution. Health and Beauty Advice

BY MRS. MAE MARTYN

figuring. However, you can soon reduce them if you use an almozoin cream-jelly, the recipe for which I give: Put 2 tenspoonfuls glycerine in 4 pint cold water, then add 1 ounce almozoin. When thoroughly dissolved it is ready to use. This almosoin cream-jelly should be applied plentifully and ubbed in well. After using the cream-city a white you will find pimples and dackheads will have vanished and the skin ones rough, oily and blotchy will be of a velvety softness, clear and beautiful. The almosoin cream jelly is unfalling in protecting the skin from freckles, tan and sunburn.

A. G. B.: Dieting is a cruci method of flesh reduction and a needless torture, because with a parnotis solution, made by dissolving 4 owners parnotis in 115 pints hot water, you can reduce your weight without suffering or inconven-lence. Taking a tablespoonful before each meal gently and gradually dis-solves the fatty tissues without pos-sible injury, and when your weight is where you want it, the firsh will be irm and the skin free from wrinkles Mrs. A. D.: Don't experiment with al-

Mrs. A. R.: Don't experiment with alleged "hair-tonics," because they may streak the hair. If your scalp is lifeless and scaly, you should shampoo with canthrox, then apply a little of the quinzoin tonic, made by pouring ½ pint water in ½ pint alcohol, to which is then added I ounce quinzoin. Occasional applications of this home-made tonic soon banish dandruff and correct unnatural ciliness. The ratifful yes of the quinzoin tonic will encourage the hair to grow in long and beautiful.

D. O.: Those troublesome hairs can be made to disappear like magic by applying a paste made with powdered delatone and water. After 2 or 2 min-utes it should be removed and the skin washed, when it will be found that the hairs have completely vanished. No pain or discoloration of the skin fel-lows the use of delatone, D. O.: Those troublesome hairs can

X. T.: Large pores, I know, are dis- | Violet M.: Failing strength is not due to age in your case, because at 40 a woman should be at her best mentally and physically. What you rea woman should be at her best mentally and physically. What you require is a blood-tonic and body-builder, and I am giving you the recipe for a good one here: Dissolve is cupful sugar in is plat alcohol, then stir in I ounce kardene and add enough bot water to make a quart. Take a table-spoonful three times a day and your blood will soon be rid of poisonous accumulations, pimples and blotches will disappear and your sallow, elly complexion will give way to a healthy pink and white color. This tonic is splendid to guard the body against sickness.

Jane: I do not wonder that soap will not rid your scaip of dandruff, because it lacks the necessary elements for that purpose. Dissolve a teaspoonful canthrox in a cup hot water, then rub a little at a time on the scaip. You will be surprised on how quickly it entirely dissolves every alom of dust, dandruff and excess oil. After rinsing, the scaip will be clean and pliant, and the hair will dry ever so quickly, with a rich sheen, and be seft, fluffy and easy to arrange.

Anna G.: You cannot expect to have a smooth, clear skin and youthful complexion if you persist in the use of powder, because the dust-like particles a rough. powder, because the dust-like particles clog the pores and cause a rough, pimply, blotchy and oily condition of the skin. Discard powder and try this inexpensive spurmax lotion and you will be delightfully surprised with the result. Dissolve 4 ounces spurmax in 15 pint witch hazel (or het water) and add 2 teaspoonfuls glycerine. Apply this sparingly to the skin and rub lightly until drs. The spurmax lotion imparts a velvety smoothness and exquisite tint to the skin and rids it of impurities and unmatural conditions. It impurities and unnatural conditions. It is especially nice for hot weather use, as it does not spot nor streak from perspiration and is invisible when on.

Rena W.: Inflamed eyes greatly de-